

J38
2:N86
c. 2

North Carolina State Library
Raleigh

APR 15 1985

N. C.
DOC.

The North Carolina Sanatorium

For the Treatment of

Tuberculosis

Montrose, Hoke County, North Carolina

(POST OFFICE: SANATORIUM, ABERDEEN, N. C.)

1913 or 14



Under the Management of

The North Carolina State Board of Health

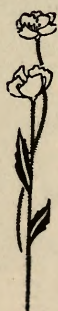
The North Carolina Sanatorium

For the Treatment of

Tuberculosis

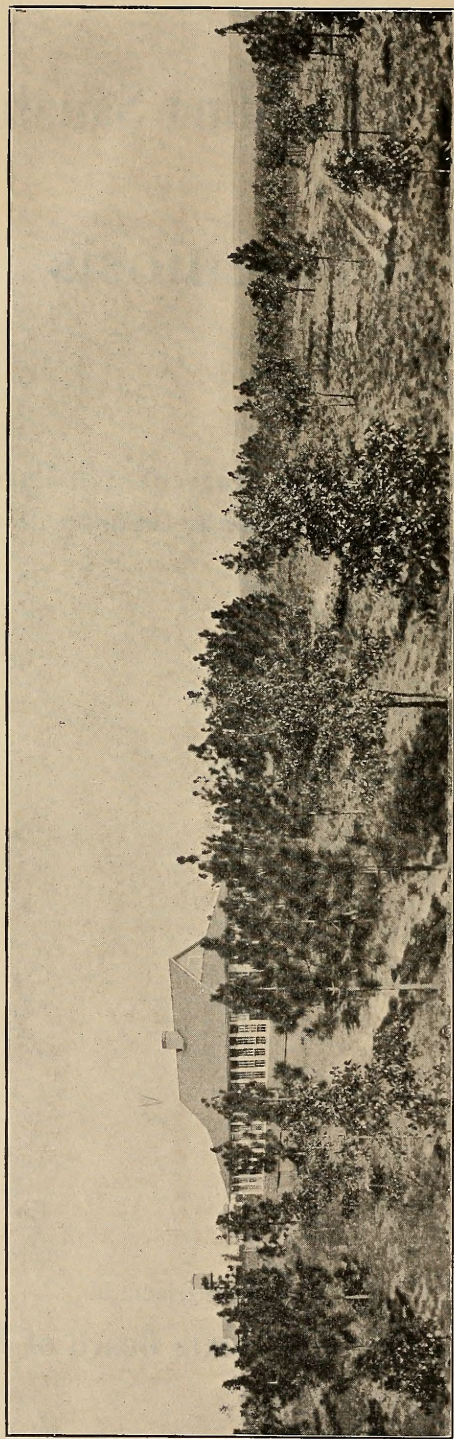
Montrose, Hoke County, North Carolina

(POST OFFICE: SANATORIUM, ABERDEEN, N. C.)



Under the Management of

The North Carolina State Board of Health



Note Distance of Horizon as Indicated by Haziness.

THE STATE SANATORIUM

Under the Management of the State Board of Health---Board Announces Definite and Comprehensive State Policy for Dealing with Tuberculosis

The management of the State Sanatorium has been transferred, by legislative enactment of the Special Session of the General Assembly, to the State Board of Health. The transfer was initiated and engineered by the former Board of Directors of the Institution. While the State Board of Health had not asked for the Institution, the Board very cheerfully accepts the responsibility of management. We believe the Institution to be capable of filling a very real need in the life of the State, and that it has a very bright future. The State Sanatorium will represent a part of a general policy of the State Board of Health for dealing with the problem of tuberculosis.

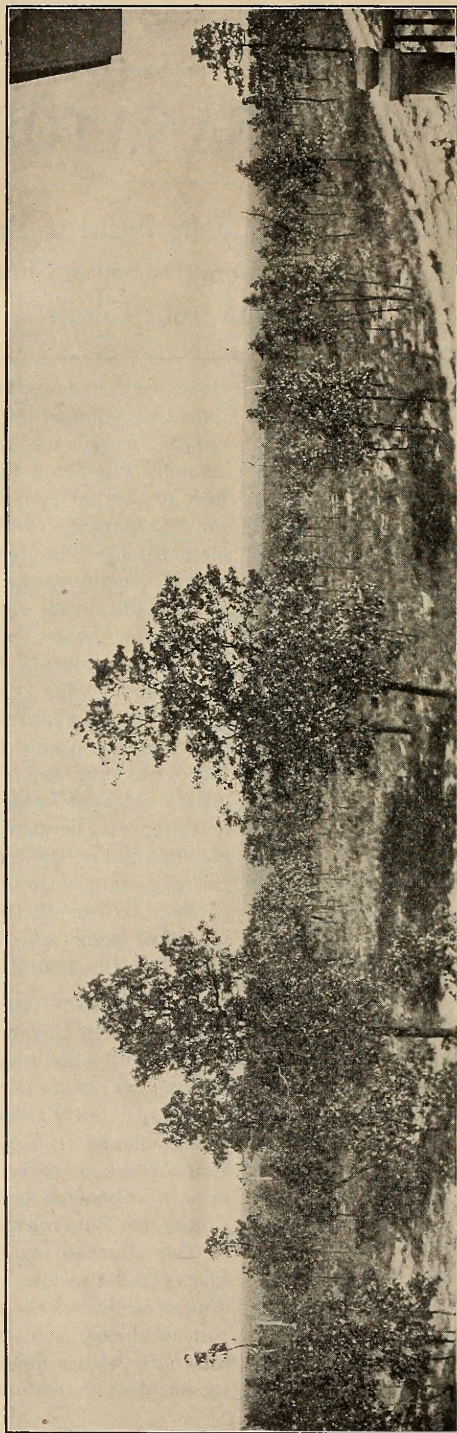
State Boards of Health should look upon tuberculosis as something distinctive from the general run of preventable diseases. One-fourth of all preventable deaths is due to tuberculosis. That means that one-fourth of the opportunity of State Boards of Health, and other health boards, for that matter, is tied up in the management of the tuberculosis problem. These considerations are responsible for the adoption by the State Board of Health of the following

State Tuberculosis Policy.

The central idea of this policy is one of education. The educational scheme will embrace the Sanatorium as a sort of central school, and a

Bureau of Tuberculosis, to be established in connection with the general health work, as a correspondence school. The State Sanatorium, by the first of January, will have a capacity for 125 patients, which will be sufficient for the treatment of 250 patients a year, assuming the stay of the average patient to be six months. In the Institution these people will be taught by personal contact, by illustrated lectures, and by the rules of the Institution how to readjust their lives to Nature's laws and so secure a new lease on life, and how to live with others without infecting them. This training will be carried back by these 250 patients a year into their communities and counties, and its influence will be of great benefit to their fellow sufferers at home who have been unable to attend the training school.

The Bureau of Tuberculosis will have reported to it, under the requirements of a recent enactment, seventy-five or eighty per cent of all recognizable cases of tuberculosis in this State. These people, from 8,000 to 10,000 victims of the disease, will be matriculated as members of a correspondence school for tuberculosis. At the head of this Bureau will be a man who knows how to write a strong, personal, appealing letter,—a man of great resourcefulness and tact, and a man above all with a deep, sincere, altruistic nature. In an unofficial way and



A Park View of the Sanatorium, Looking North from the Nurses' Building.
See Far-away Appearance of Horizon.

in a very personal way he will seek, by correspondence, to make the eight or ten thousand people reported to the Bureau feel his interest in them; by correspondence and by a leaflet or pamphlet from time to time he will endeavor to encourage his scattered school in their work for life, to teach them how they may regain their strength and teach them their obligation in protecting others, with whom they may be associated, from tuberculosis.

Another function of the correspondence school that will call for a high degree of resourcefulness is for the Bureau of Tuberculosis to investigate the claims of deserving indigents, and through boards of county commissioners, churches, lodges, or other organizations to which the indigent, or the person upon whom the indigent is dependent, belongs, secure the necessary funds to take care of those who would die unless supported from outside sources. One of the principal measures of success by which the Bureau of Tuberculosis will be judged will be its ability to keep the Sanatorium filled with patients who could not themselves pay for their treatment, but whose treatment is paid for by interested organizations—political, social, or fraternal—and philanthropic individuals.

This combination of the Central Training School, as an educational nucleus, with a correspondence school of eight or ten thousand consumptives, is suggestive of the educational scheme in practice in the State of Wisconsin by the University of that State, which is rapidly and deservedly becoming a model to other state universities.

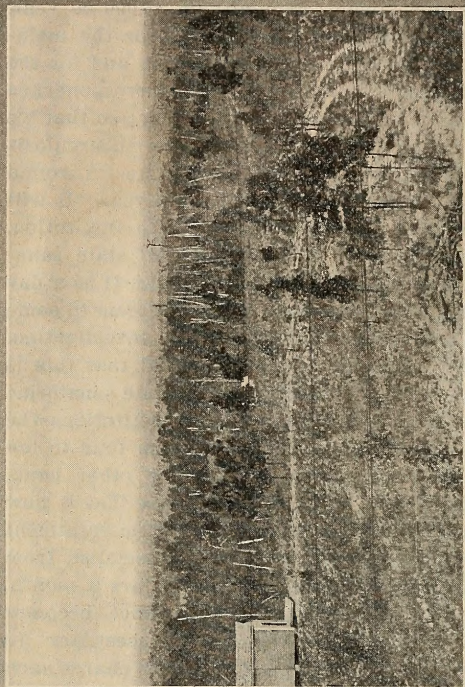
The Cost of This Policy.

The State of North Carolina has invested in its present plant something like \$50,000. The interest on that in-

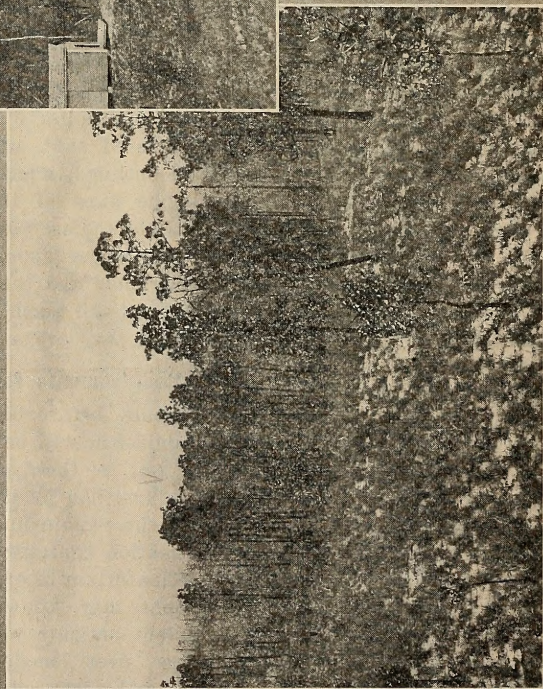
vestment amounts to \$3,000 a year. The State appropriates for the maintenance of this Institution and for the maintenance of the correspondence school idea, \$20,000 a year; so that we might say that this state tuberculosis policy will cost the State, in round numbers, about \$25,000 a year. It will be necessary in our State Institution, as it is in practically all state sanatoria, that the patients pay \$1.00 a day for treatment. This will seem to some rather expensive. On investigation, however, it will be found that this is the general practice of state sanatoria; that in different state institutions the per capita charge is from four to ten dollars a week. On the other hand, when one recalls the fact that it now costs one to get sanatorium treatment or to be treated by a specialist, from sixty to one hundred dollars a month, the State's charity at once becomes evident. While it is necessary to maintain the Institution to charge each patient one dollar a day, it should be remembered that, under the policies above outlined, many of the patients, we hope most of them, will be patients who themselves are paying nothing, but whose expenses are paid by their friends and the organized interests—political, social, and fraternal—of which they are a part.

Requirements for Admission.

Patients, before being given a card of admission, will be required to have filled out by their physician a blank form furnished by the Medical Director of the Sanatorium, and return the information contained on this form to the Sanatorium in order that the management may know their condition. Incipient patients will be given preference over moderately advanced cases, and advanced cases will not be admitted. Patients and physicians are warned against going to the Sanatorium without first communicating



A View of the Sanatorium Park, Looking South from the Pavilion.
Made at Sunset.



View of the Sanatorium Park, Looking Southwest over Gorge
Towards Hamlet.

Not a drop of water is to be found in any of these gorges.
The sand drinks it up as fast as it falls.

with the Medical Director and ascertaining whether the capacity of the Institution and the condition of the patient will permit the admission of the patient. The fatality of incipient tuberculosis under average treatment is not more than 10 or 15 per cent; the fatality of moderately advanced tuberculosis is 40, 50, or 60 per cent; and the fatality of advanced tuberculosis is 90, 95, or even a higher per cent. It is, therefore, as evident as it is reasonable, that as long as the State's capacity to take care of her consumptives is as limited as at present, advanced consumptives, bedridden consumptives, who have already practically lost their chance to live should not be allowed to occupy the few beds that the State now has, and that would otherwise be used for consumptives in the incipient stage of the disease with 85 or 90 chances in a hundred to get well. The reasonableness and the economic considerations, as well as the humanitarian considerations underlying this fundamental principle in the future management of the Institution are too evident for argument.

THE STATE SANATORIUM.

Location.

The Sanatorium is located at Montrose, in Hoke County, on the Rockfish and Aberdeen Railroad, nine miles southeast of Aberdeen. The Sanatorium is about twelve miles from Pinehurst and about the same distance from Southern Pines. In this region of these well known winter resorts the Institution has an ideal location. The warmer and more uniform temperature of this region gives the Montrose Institution a natural asset which very probably more than makes up for the better equipped and larger endowment of the more widely known institutions of our northern, colder climate. Here the air is dried by its

course across the white sand and is filtered pure and healthful through the needles of the long leaf pine.

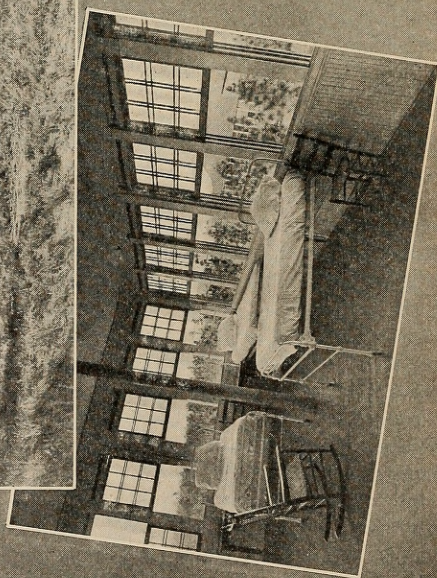
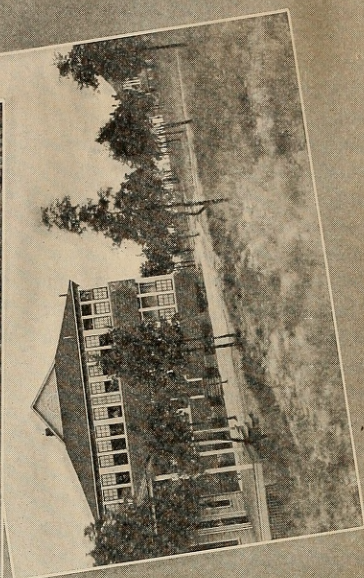
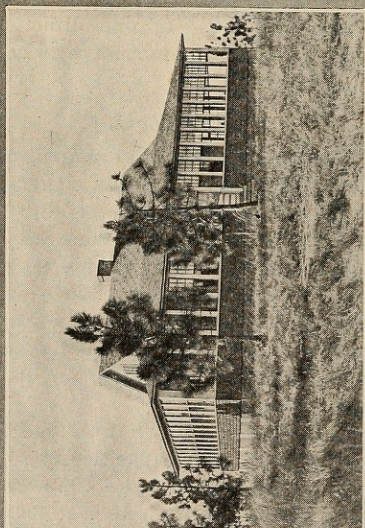
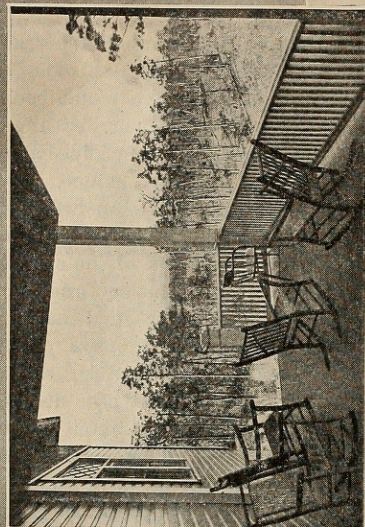
Site.

When one alights from the train at the little station of Montrose, after having passed through a flat country, rather desolate looking, with sandy soil and blackjack and pine growth, and ascends a gentle slope, a most surprising view opens up before him. So suddenly and distinctly different is the scenery from that of the surrounding country, that its very unexpectedness adds interest to its beauty. Indeed, Nature seems to have prepared and set apart this spot for the very purpose to which it is now dedicated. Standing on a plateau about six hundred feet above sea level, one can see from ten to fifteen miles in almost any direction. The view invariably makes one think of the mountains of Western North Carolina. In one direction a sand road eight or ten miles away can be seen easily.

Equipment.

The Sanatorium is situated on a farm of about 1,300 acres. There are about 700 or 800 acres of this land suitable for farming; there is also much valuable timber on the land. A creek passes through the farm which, after it is dammed, will furnish the necessary power for electric lights and light machinery needed in an institution of this kind.

At present there are three buildings for patients, with capacities of 15, 35, and 75 patients each; there is a dining room sufficiently large to seat 100 people. A refrigerating plant will be installed beneath the kitchen some time before next spring. There is a nurses' building for the nurses, a small cottage for the physician, and a pavilion which will be immediately equipped and hereafter used as a library and



Well" Lighted and Ventilated Patients' Quarters.

club room. This building will be equipped with such games as patients with incipient and moderately advanced tuberculosis may engage in; a good Victrola with suitable records will add to the attraction of the pavilion. On the grounds there will be such light outdoor games as croquet, and other games that tuberculous patients may enjoy. The new Medical Director, who is familiar with the construction of sanatoria, is delighted with the construction of the buildings. The buildings are lighted by electricity, heated by open fires, and supplied with warm water and shower baths. There is also a good two-story farm house and a well constructed dairy with capacious silos.

SANATORIUM STAFF.

Dr. Wilson Pendleton.

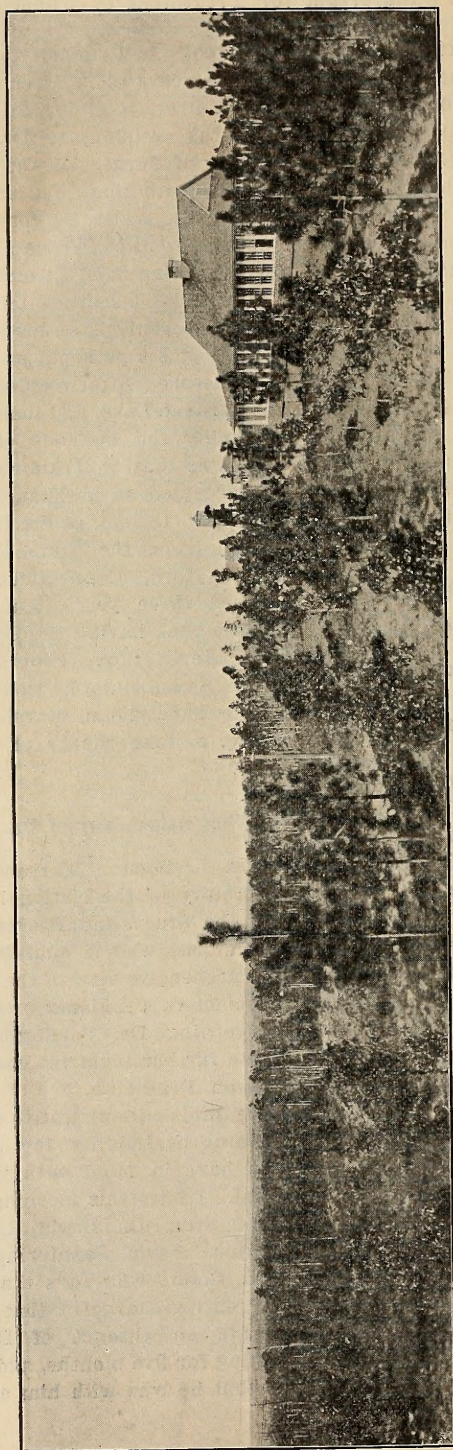
Dr. Pendleton is the man to whom the State Board of Health pins its faith in taking over the Sanatorium. Dr. Chas. L. Minor, so well known as a tuberculosis authority, not only in this State, but in the nation, in writing to the Board strongly recommending Dr. Pendleton and urging the Board to elect him as Medical Director of the Sanatorium, says: "I am sure you will agree with me that the first thing is a **man**. With a strong, competent man at the head of affairs, the simplest building makes a strong sanatorium; without it, the most elaborate is useless." We thoroughly agree with Dr. Minor's reasoning, and because we do, we know that the absolute success of the State Sanatorium is henceforth assured. We have the man.

Allow me just a few words to introduce Dr. Pendleton, and then, I shall let those who speak with authority tell you how well qualified he is to take care of our patients. Dr. Pendleton is a Southern man and was educated at the University of Virginia.

He looks to be about twenty-eight or thirty years old. After graduating at the University of Virginia in medicine, he was assistant to Dr. Watts, Professor of Surgery in the hospital connected with that Institution. Serving under Dr. Watts, he contracted tuberculosis, went to Saranac Lake and was cured. Like most specialists in tuberculosis, he became interested in and took tuberculosis as his specialty as a result of his personal experience with the disease. After regaining his health at Saranac Lake, and incidentally after learning the methods of cure practiced in that well known Institution, he accepted an assistantship with Dr. David R. Lyman, of the Gaylord Farm Sanatorium, the State Institution at Wallingford, Connecticut, where he served three years, for five months of the time having absolute charge of that Institution. From the Gaylord Farm Sanatorium, he went to the Hope Farm Sanatorium, Marshallton, Delaware, to take charge of that Institution.

What Others Say of Dr. Pendleton.

Dr. Livingston Farrand, Executive Secretary of the National Association for the Study and Prevention of Tuberculosis, who is qualified to take a comprehensive view of the tuberculosis problem as a national problem, writes concerning Dr. Pendleton: "I have made further inquiries concerning Dr. Wilson Pendleton, * * * with reference to his administrative capacity and general availability for the position you have in mind with your department. I have this morning received a letter from Dr. David R. Lyman, of Gaylord Farm Sanatorium, Wallingford, Conn., who says that Pendleton had entire charge of that sanatorium during an absence of Dr. Lyman's lasting for five months, and in addition to that he was with him as an assist-



View of Sanatorium Park, Looking West Toward Pinehurst, Showing Rapid Re-foresting in Long-leaf Pines.

ant for two and a half years. He says he is an excellent disciplinarian and a man who makes friends wherever he goes. He has plenty of enthusiasm, but does not let it run away with his judgment, and he thinks decidedly that he would make good in such a position as that you have in mind.

"I am inclined to lay great stress on Lyman's opinion, for his own sanatorium is one of the best managed in the country and its standards are peculiarly high. I think it would be decidedly worth your while to get in touch with Pendleton and look him over. He is, all things considered, the strongest man of whom I know at present.

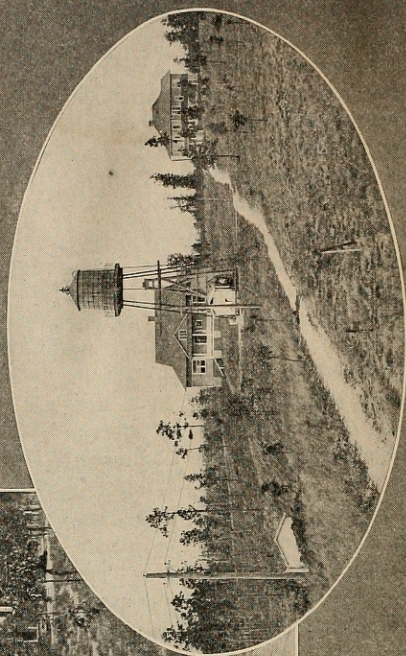
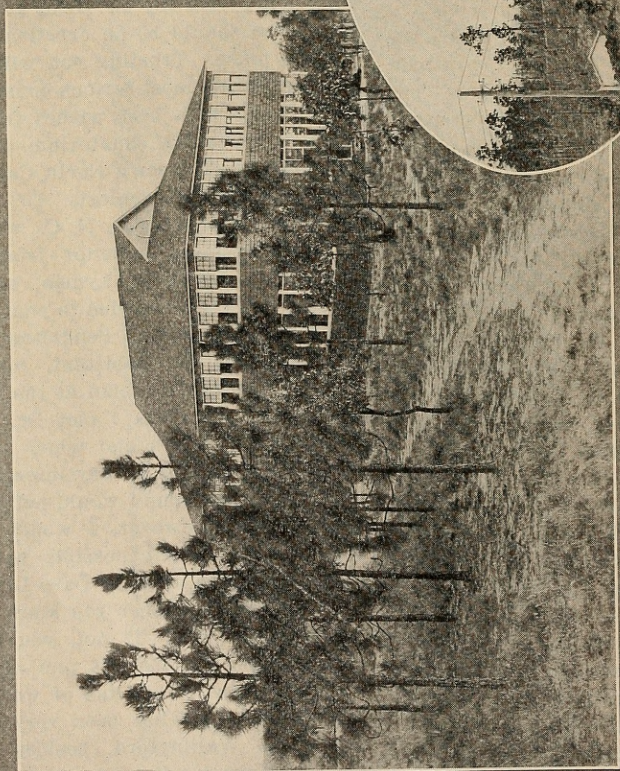
"I can give you a list if you care for it of half a dozen other names of men who are looking for positions, but none of them are as highly recommended as Pendleton."

Dr. David R. Lyman, Superintendent of Gaylord Farm Sanatorium, a man known to all authorities on tuberculosis and sanatorium work in this country as one of the foremost authorities on this disease and in sanatorium experience, says of Dr. Pendleton: "Dr. Pendleton was with me for nearly three years, prior to that time having been first assistant to Watts at the University of Virginia. When he came to me Watts wrote me that I was getting the best man that he had or knew of. When he left me at the end of three years I was ready to make the same remark about him. His medical work is of the best. He is a good disciplinarian and is a man who makes a very good impression on the people whom he meets casually. If you find a better one for the position you are indeed to be congratulated."

Dr. Chas. L. Minor writes: "* * * Coming now to the purpose of my letter, my friend, Dr. David Lyman, of the Connecticut State Sanatorium at

Wallingford and one of the best in this line in the whole country, has written to me about his former assistant, now in charge of the Delaware State Sanatorium, Dr. Pendleton. * * * While I do not know him [Dr. Pendleton] personally, I know Dr. Lyman so well as a man of high character and great ability, and the fact that he has written to me endorsing him [Pendleton] in the highest terms as an A1 man satisfies me of his unusual competence for the place. * * * Having had experience in so admirably conducted a sanatorium as Wallingford, which, from my personal experience, I consider the best even in the country, and then more recently in Delaware, Dr. Pendleton should be an excellent man for the place. Trusting you will give his application most serious consideration, I am, with best wishes for the success of the new sanatorium, etc."

Another well known North Carolina authority on tuberculosis, Dr. Wm. Leroy Dunn, Asheville, N. C., writes: "I have received a letter from my friend, Dr. David R. Lyman, stating that he had recommended to your consideration Dr. Wilson Pendleton, who was formerly his assistant, for the place of House Physician at the State Sanatorium. I think I met Dr. Pendleton a few years ago when I was at Wallingford, but on any impression obtained at that time I would not place any weight. However, I would give the greatest weight possible to any recommendation made by Dave Lyman. I do not know whether you know him personally or not. If not, you have missed a lot. Lyman is one of the very best men in this line of work in this country. He has been very successful at Wallingford, besides you can count absolutely upon every word he says, and any man that he would recommend for the place would be in every sense persona grata to Minor and myself, and to any of those men



with whom we are more intimately associated in Asheville."

Mr. A. R. Kimball, Chairman of the Executive Committee of the Gaylord Farm Sanatorium, writes: "I take great pleasure, as Chairman of the Executive Committee of Gaylord Farm Sanatorium, in testifying to the ability and high character, the conscientiousness and close application to duty, which characterized Dr. W. Pendleton while for two years and a half he was assistant to Dr. Lyman, Superintendent of Gaylord Farm Sanatorium. For nearly four months Dr. Lyman was incapacitated, being in Charlottesville, Va., recovering from a very severe operation which all but cost him his life. During this time, Dr. Pendleton was in full charge and the credit of carrying on the work of the Sanatorium is in largest part his. From my close personal experience, as I am really the business head of Gaylord Farm, I do not think the Sanatorium of North Carolina could secure a better man than Dr. Pendleton."

Miss Emily P. Bissell writes: "As President of the Delaware Anti-Tuberculosis Society, I take pleasure in

heartily recommending Dr. Pendleton, and I hope that you may be able to secure him."

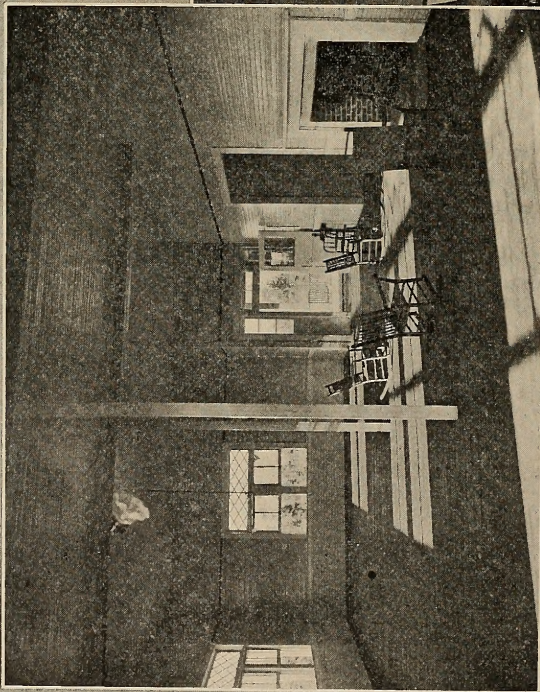
Finally, Dr. Laurason Brown, Saranac Lake, New York, writes: "Dr. Pendleton is a competent man, and I think you could get no one better than he. I would strongly urge you to take him."

BUSINESS MANAGEMENT.

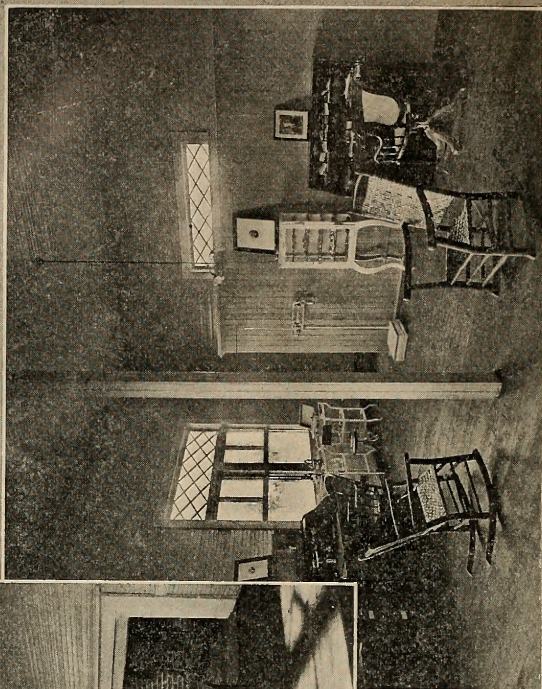
The business manager of the Sanatorium, Mr. Tyre Glenn, who has given entire satisfaction in that office for the past two years, and who is sufficiently well known throughout the State not to need introduction, will be retained in office.

Mr. Glenn will have charge of the thirteen-hundred-acre farm, the buying of supplies, the employment of labor, and the bookkeeping of the Institution.

Dr. Pendleton will have absolute charge of the medical work of the Institution. His official title will be Medical Director. He will employ his own nurses and orderlies, admit and dismiss patients, and prescribe diet, exercise and daily habits for the patients.



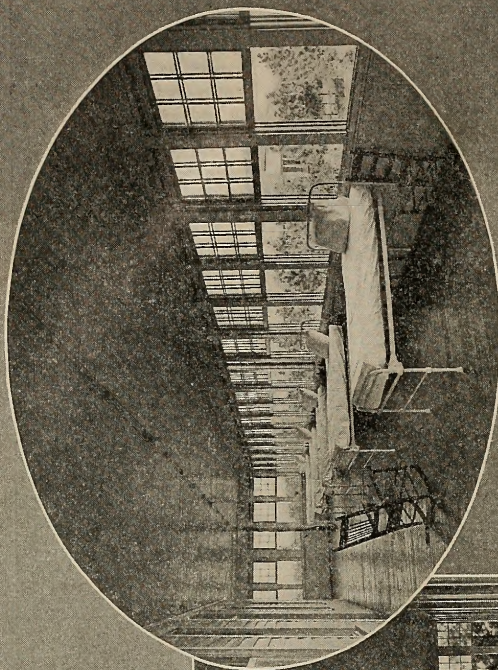
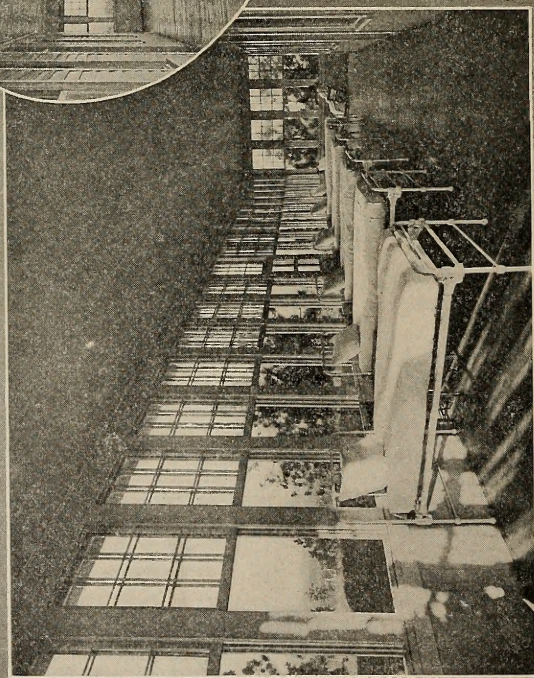
Interior View of Club House.



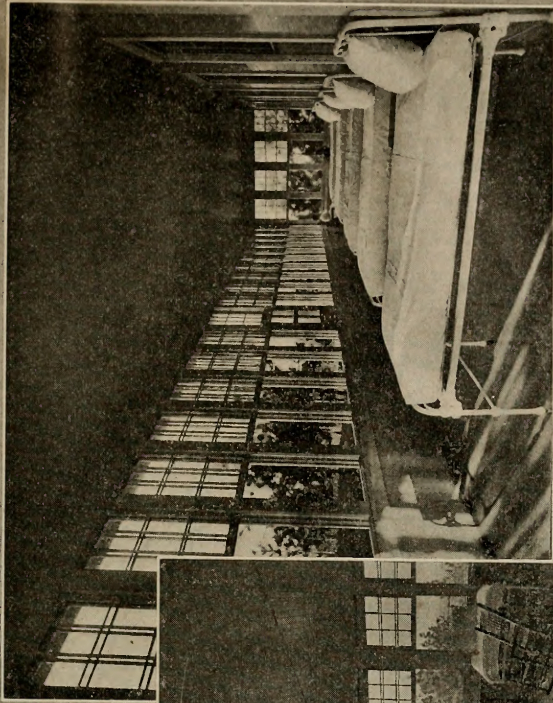
Office and Laboratory.



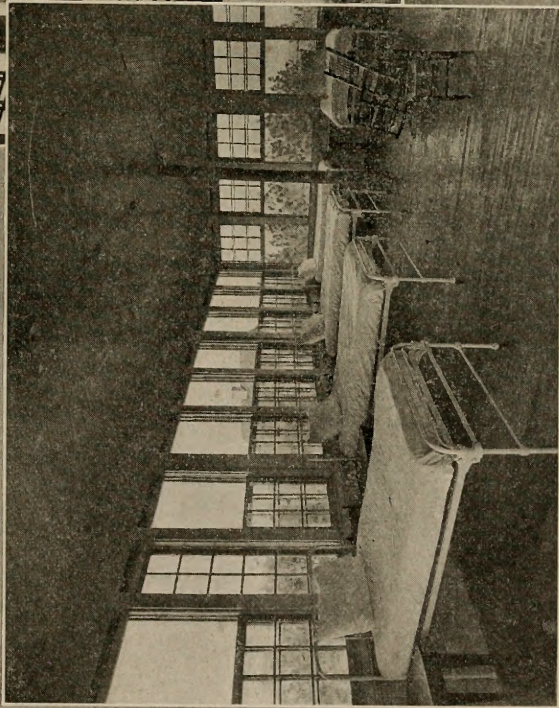
Looking to the South from the East Piazza of the Club House.



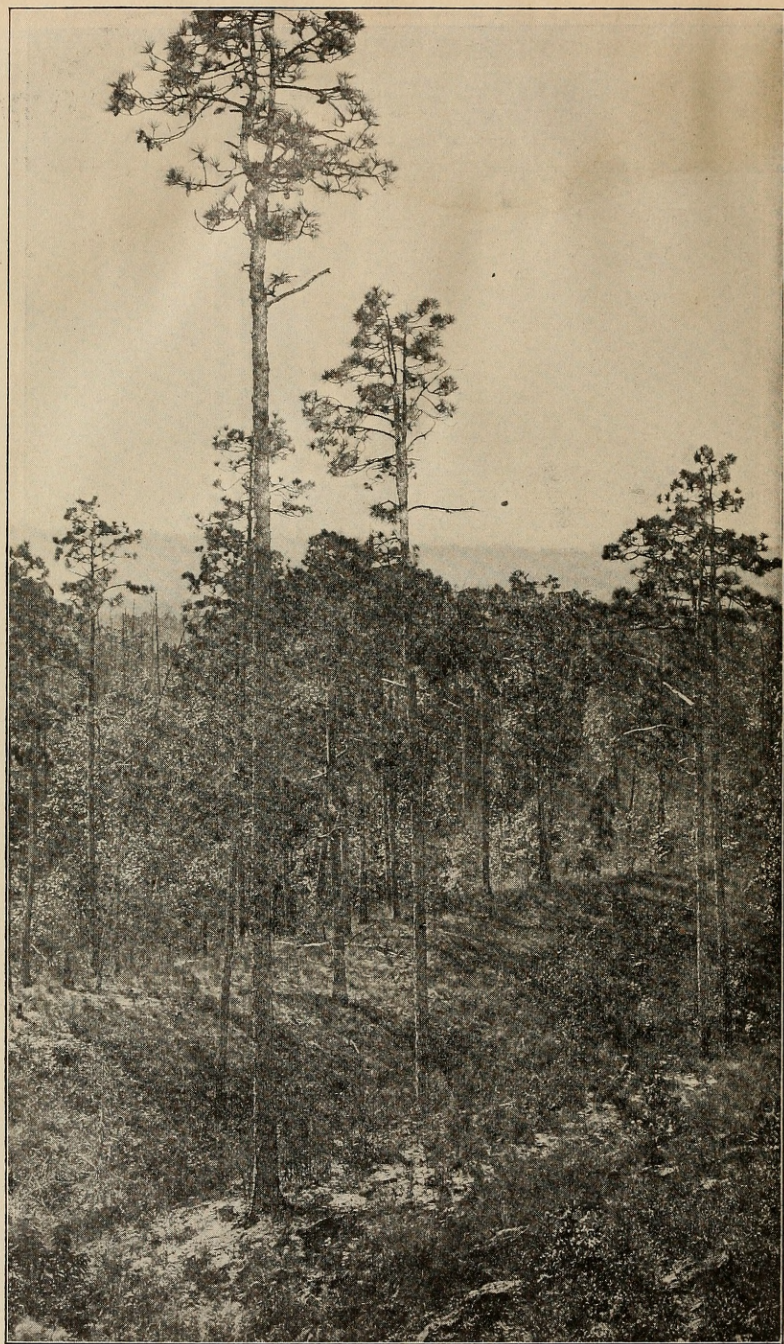
Here Is Where the Patients Sleep Out-of-doors. Except in a Rain, with Wind, Windows Stand as Shown.

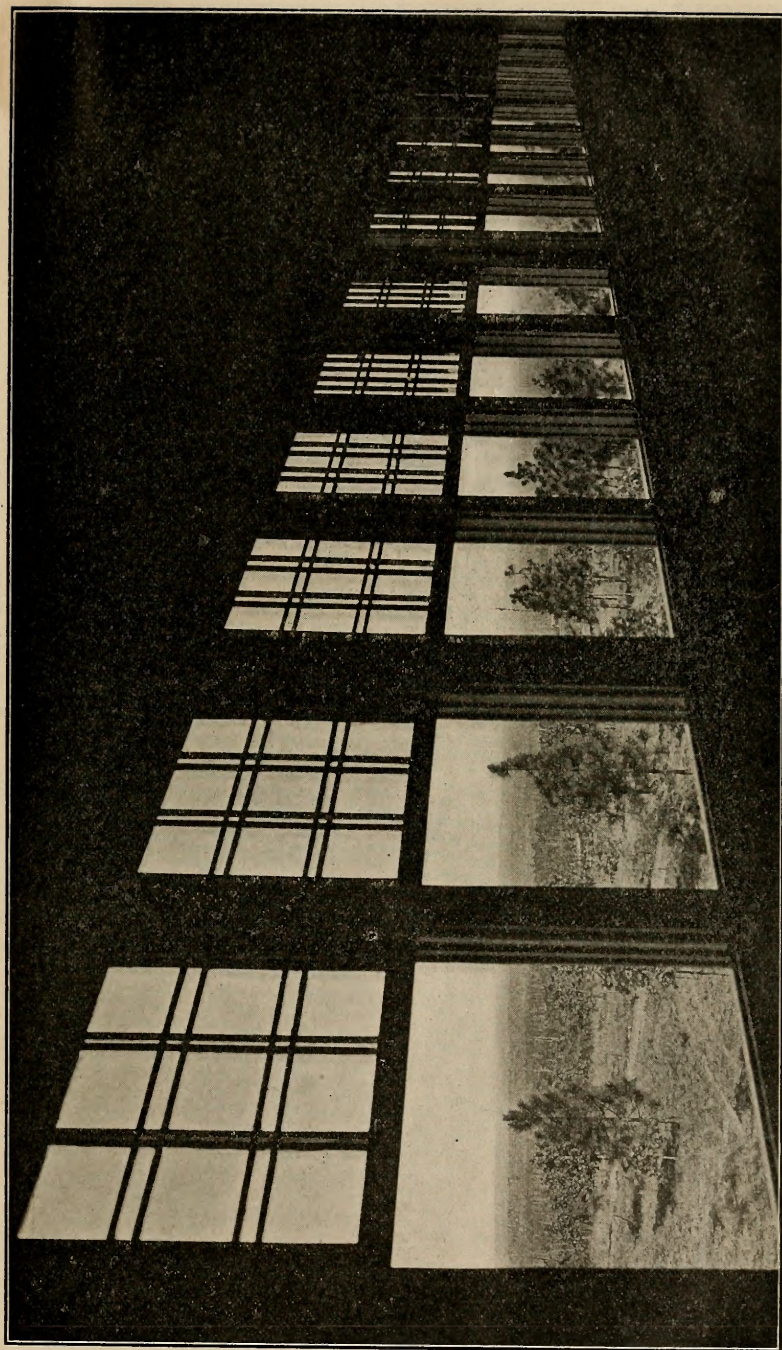


Looking out Over the Park Towards Fayetteville.

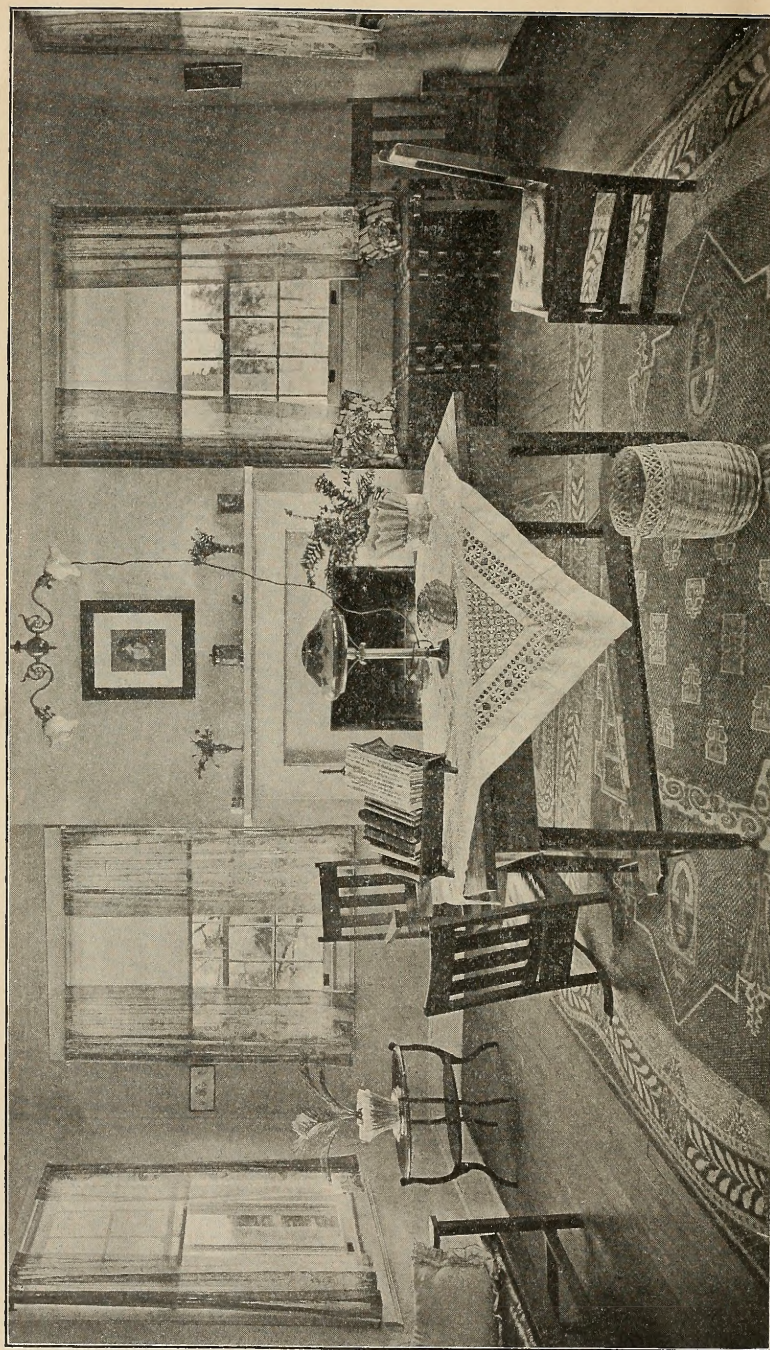


Windows are Dropped from the Top During High Wind.





Looking Towards Fayetteville.



Sitting Room in Physician's Residence.



3 3091 00739 0495

DATE DUE			
AUG 11	2000		
GAYLORD			PRINTED IN U.S.A.

GAYLORD

PRINTED IN U.S.A.